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**HOW TO MEMORIZE VOCABULARY OF A FOREIGN LANGUAGE?**  
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**Резюме.** Существует множество эффективных методов запоминания иностранных медицинских терминов. Многочисленные исследования доказывают, что мнемонические методы, особенно акронимы и использование похожих по звучанию слов, значительно улучшают запоминание и учебные успехи. Важна также мотивация: более мотивированные студенты показывают лучшие результаты. Несмотря на широкое применение способов запоминания иностранной терминологии, мнемонические техники малоизвестны студентам.

**Ключевые слова:** методы запоминания, типы памяти, мнемоника, эффективность мнемонических техник.

**Resume.** There are many effective methods of memorizing foreign medical terms. Numerous studies prove that mnemonic methods, especially acronyms and the use of similar-sounding words, significantly improve memorization and learning success. Motivation is also important: more motivated students show better results. Despite the widespread use of methods of memorizing foreign terminology, mnemonic techniques are little known to students.

**Keywords:** memorization methods, memory types, mnemonics, effectiveness of mnemonic techniques.

**Relevance.** During our studies we often encounter foreign term memorization, sometimes even in several languages such as English, Latin, Greek and others. Besides, we may have trouble remembering words even in our native language. Given the innate limitations of human memory, however, the ability to acquire a large amount of new information must receive assistance. While everyone learns a little differently, a number of tried and true methods tend to have more long-lasting results when it comes to learning a foreign vocabulary.

**Aim:** to investigate the techniques of memorization of English medical terms, including types of memory, classification of memorization methods and the effectiveness of using these methods.

**Objectives:**

1. To find out what types of memory exist and which one is most common among BSMU students.
2. To learn various memorization techniques such as flash cards, visual cues, and mnemonics, as well as how they work.
3. To prove the effectiveness of using mnemonic techniques and their impact on students' and pupils' academic performance.

**Materials and methods.** Websites and articles on the Internet where theoretical positions are considered, as well as examples of the use of various memorization methods were used. To study the effectiveness of mnemonic techniques, we analyzed the results of studies conducted in Indonesia in 2016 and in Russia in 2018. I also conducted a survey among BSMU students to determine the types of students' memory and the frequency of using memorization methods. 70 people took part in the survey consisting of 13 questions.

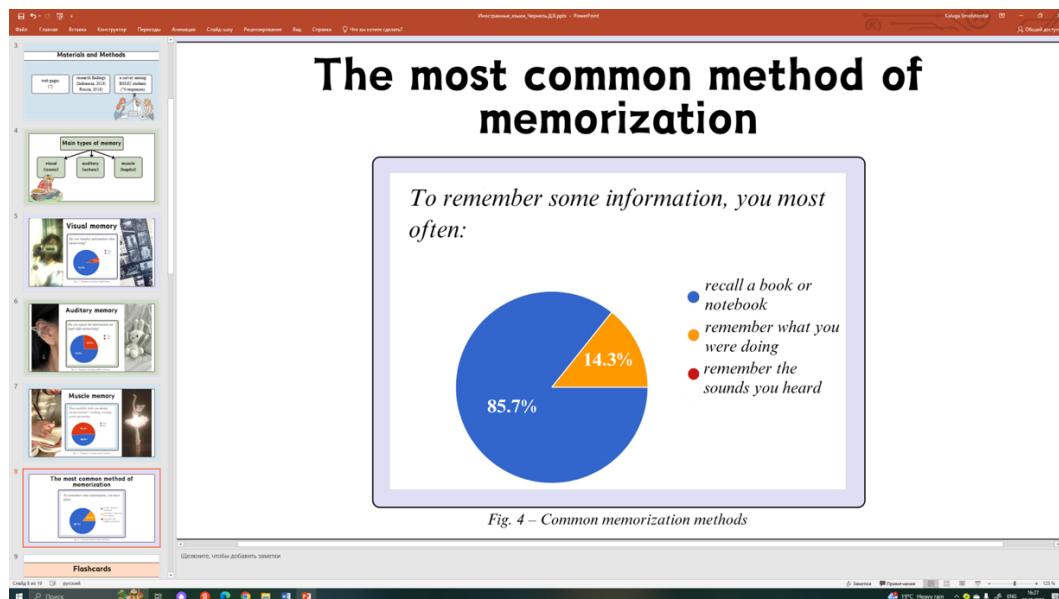


Fig. 1 – The most common type of memory

**Results and their discussion.** There are 3 main types of memory, each of which is developed differently in individuals [3]. This is visual (iconic), which is developed in 92.9% of our students, auditory (echoic), which is used by 74.3%, and muscle (haptic) memory, which is developed only in 48.6% of people. A survey among BSMU students showed that the most widespread type of memory is visual, as is demonstrated in Figure 1.

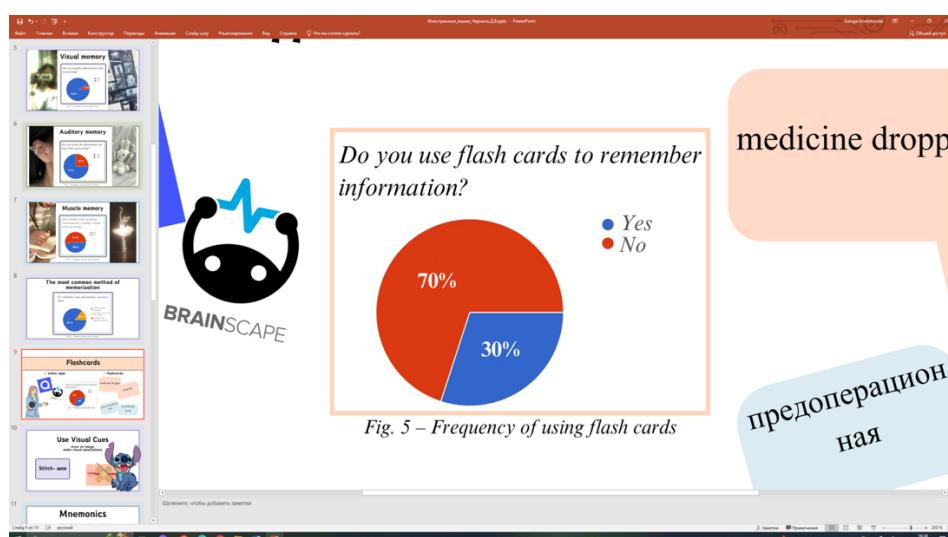


Fig. 2 – Frequency of using flash cards

There are a huge number of different methods that help to facilitate and improve the memorization process. One of them is flashcards. A flashcard should consist of the foreign language vocabulary word on one side and the definition in your native language on the other side. Despite the fact that flashcards are always 100% working, Figure 2 shows that only 30% of BSMU students use them.

A great way to learn the meaning of new words is to use visual cues. This method is used by 93% of students. If you are a visual learner, draw an image that represents the meaning of the foreign word. Even if you do not draw images on your flashcards, try to picture an image in your mind. For example, to memorize the word stitches you can remember a character from the children's cartoon Lilo and Stitch and imagine how he puts on the stitches.

The next method is mnemonics. It is a set of special techniques and ways to facilitate the memorization of information by forming associations [4]. To study the effectiveness of this method, a number of experiments were conducted, one of which took place in Indonesia in 2016 [1]. The study, which lasted 5 months, involved 95 students from different faculties of the Pedagogical University. Three methods of memorizing information were studied: interval repetition, visualization, and mnemonics. According to the research results, students' academic performance increased significantly when using any of the methods. The result also depended on many factors, among which was the level of motivation. It was found that students who used mnemonic techniques for memorization and had strong motivation improved their academic performance by 64%. And students with low motivation improved their grades by 51.45%.

The study, conducted in 2018 in Russia, involved 25 subjects [2]. For them, 10 pairs of words were proposed for memorization, between which there was a logical connection. The study showed that the presence of these logical connections improves memorization by 40%, in addition, the success of memorization depends on the time of day (for people who underwent the study in the evening, the results were 15% worse than for those tested in the morning).

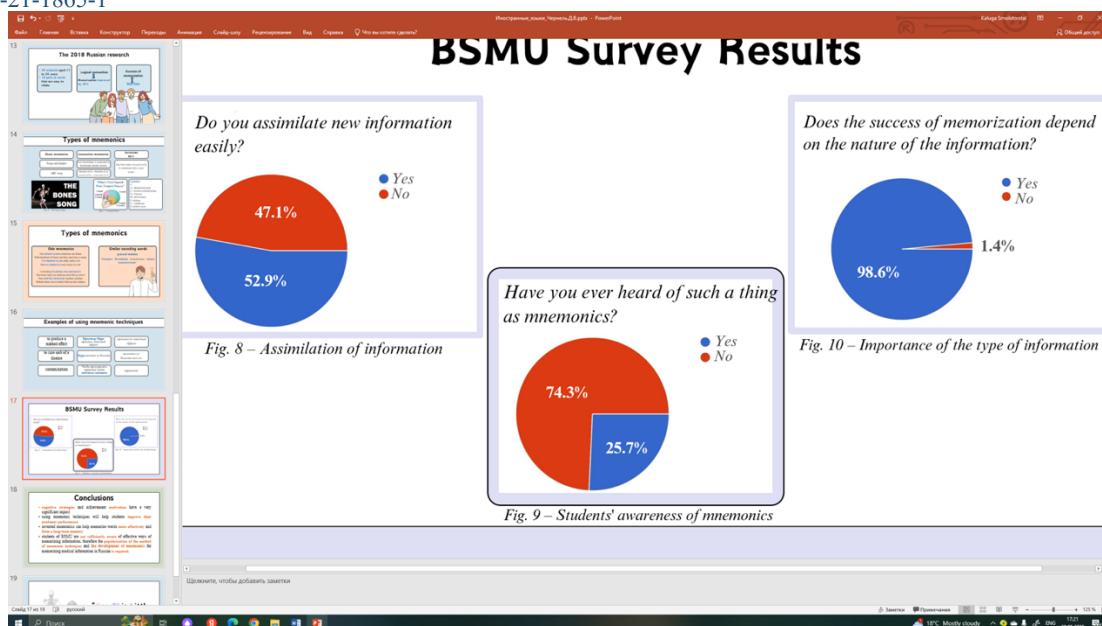
There are many types of mnemonics. Songs and jingles can be used as a mnemonic. A common example is how children remember the alphabet by singing the letters from the ABC song. There are also many songs for medical students, for example, the bones song.

The next type is connection mnemonics. New knowledge is connected to knowledge already known. Latin and English terms are the same, so knowing a word in one language will make it easier to remember it in another.

The next type is ode mnemonics, where the information is placed into a poem.

The last type is similar sounding words. We find a similar sounding word in our native language, and with it we form associations. For example, word combination general malaise we can remember as «Генерал Малайзии испытывал общее недомогание».

In the course of my experiment mnemonics method was efficiently applied by the students of Group 1115 of the Faculty of General Medicine to memorize lexical minimums in English, which resulted in about 30 different original mnemonics.



**Fig. 3 – Frequency of using acronyms**

## Conclusions:

1. The most common type of memory is visual. Knowing your most developed type of memory will help make memorization easier and faster.
2. Cognitive strategies and achievement motivation have a very significant impact.
3. Using mnemonic techniques will help students improve their academic performance.
4. Invented mnemonics can help memorize words more effectively and form a long-term memory.
5. Students of BSMU are not sufficiently aware of effective ways of memorizing information, therefore the popularization of the method of mnemonic techniques and the development of mnemonics for memorizing medical information in Russian is required.

## Literature

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